

*ADULT LAP SWIM

MONDAY

February 2023 TUESDAY WEDNESDAY

1 RECREATION ROAD **DEDHAM MA** 02026

FRIDAY

THURSDAY

PHONE: (781)-751-9136

WEBSITE: HTTPS://WWW.DEDHAM-MA.GOV/HOME SATURDAY

29 Strat chi Nacadla 10am	30	37 Adult Lap Swim 6a-11:30am	Adult Lap Swim 6a-11:30am	2 Adult Lap Swim 6a-11:30am	3 Adult Lap Swim 6a- 11:00am	4 Masters 6:45-8:15am
Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm	Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm	Synchro 5:30-8:30p	Adult Water Aerobics 11:45-12:30pm		11.00am	Swim Lessons 9:30-11:30am
Synchro 3-7:30p	Lap/Open Swim 3-5pm	HITT Aerobics 6-6:45pm		Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	Lap/Open Swim 5:30-8pm	Open/Adult Lap Swim 12:30-3:30pm
5 Stret-chi Noodle 10am	6 Adult Lap Swim 7a-11:30am	7 Adult Lap Swim 6a-11:30am	8 Adult Lap Swim 6a-11:30am	9 Adult Lap Swim 6a-11:30am	↑○ Adult Lap Swim 6a-11:00am	11 Masters 6:45-8:15am
Lifeguard class 9am-4pm	Adult Water Aerobics 11:45-12:30pm					Swim Lessons 9:30-11:30am
Open/Adult Lap Swim 12:30-3pm		Synchro 5:30-8:30p		Synchro 5:30-8:30p		Open/Adult Lap Swim 12:30-3pm
Synchro 3-7:30p		HITT Aerobics 6-6:45pm		HITT Aerobics 5:30-6:15pm	Lap/Open Swim 5:30-8pm	Clippers Meet @ Home 4pm
12	73 Adult Lap Swim 6a-11:30am	74 Adult Lap Swim 6a-11:30am	15 Adult Lap Swim 6a-11:30am	16 Adult Lap Swim 6a-11:30am	Aduk Lap Swim 6a-11:00am	18 Masters 6:45-8:15am
Stret-chi Noodle 10am Open/Adult Lap Swim	Adult Water Aerobics 11:45-12:30pm		Adult Water Aerobics 11:45-12:30pm			
12:30-3pm		Synchro 5:30-8:30p		Synchro 5:30-8:30p		Open/Adult Lap Swim 12:30-3pm
Synchro 3-7:30p		HITT Aerobics 6-6:45pm		HITT Aerobics 5:30-6:15pm	Lap/Open 5:30-8pm	Clippers Meet @ Home 4pm
19	20 Adult Lap Swim 6a-11:30am	27 Adult Lap Swim 6a-11:30am	22 Adult Lap Swim 6a-11:30am	23 Adult Lap Swim 6a-11:30am	24 Adult Lap Swim 6a-11:00am	25 Masters 6:45-8:15am
	Adult Water Aerobics 11:45-12:30pm	OPEN SWIM 12-3pm	Adult Water Aerobics 11:45-12:30pm	OPEN SWIM 12-3pm		Swim Lessons 9:30-11:30am
Open/Adult Lap Swim 1-3pm		Synchro 5:30-8:30p		Synchro 5:30-8:30p		Open/Adult Lap Swim
Synchro 3-7:30p		HITT Aerobics 6-6:45pm		HITT Aerobics 5:30-6:15pm	Lap/Open Swim 5:30-8pm	12:30-3:30pm
26	27 Adult Lap Swim 6a-11:30am	28 Adult Lap Swim 6a-11:30am	1	2	3	4
Stret-chi Noodle 10am Open/Adult Lap Swim	Adult Water Aerobics 11:45-12:30pm	Lap/Open Swim 3-4:45pm				
12:30-3pm		Synchro 5:30-8:30p				
Synchro 3-7:30p		HITT Aerobics 6-6:45pm				